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QUARTERLY H-PLUS® TAPE

Attention

Due to the many positive responses The Monroe Institute (TMI) has received resulting from the mailing of last quarter's Membership tape (the *H-PLUS*® (for *HUMAN-PLUS*) tape *Reset*), we are following suit this quarter.

H-PLUS is a powerful training system designed to cumulatively enhance our abilities to gain and maintain total conscious control of our physical, mental and emotional functions. Unlike the *GATEWAY* programs, *H-PLUS* addresses the issues of here and now—it confronts the challenges of being human. Each tape provides an opportunity to master one aspect of life.

This quarter's tape to our Membership is another sample of the *H-PLUS* program. Side one contains the *H-PLUS* PREP, a unique combination of Hemi-Sync® signals which establishes an "access channel" through which the Function exercise may be inserted into your Total Self. To be effective, it is important that you use the PREP before the Function exercise. Eventually your access channel will automatically open with any new *H-PLUS* Function exercise without the use of the PREP tape, and use of the PREP tape will become unnecessary.

Side two contains a Function exercise called "*Attention*". The purpose of "*Attention*" is to allow you to immediately focus all of your senses and all of your mental processes into one area of activity. Each Function exercise introduces its own Function Command which, when used in the course of daily activities, will activate the Function. The Function Command for *Attention* is "Plus - Focus". After you begin working with this tape, any time you wish to activate the *Attention* Function, take a deep breath, say to yourself, "Plus - Focus", and exhale as if you are blowing out a candle.

The effects of *H-PLUS* are cumulative. The more you use the Function, the more proficient you become, and the more *HUMAN-PLUS* you will be. Practice is fundamental to your mastery of any *H-PLUS* Function because intermittent and non-committal use will dilute its potential.

When listening to this tape, be sure to use stereo headphones in a comfortable environment free from interruptions. This sample tape is provided for your own, personal use. Once the Function is firmly in place we recommend you pass the tape and instructions along to someone who desires and needs it.

Hemi-Sync® is a registered trademark of Interstate Industries, Inc.

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